

## Methods and Systems to Backup Data

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### Abstract of the Disclosure

Methods and systems to backup data are provided. A first computing device identifies data to backup and stabilizes a frozen image of that data. Next, the frozen image is decomposed into physical storage addresses housing the data. The decomposed storage addresses are sent to a second computing device. The second  
10 computing device uses the storage addresses along with existing operating system I/O operations to backup the data to computer readable media.

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